

WINTER MENU - Term 3, 2020

RECESS	\$
A* Big Biscuit – Freshly Baked Oat & Coconut (Tues)	1.00
A* Fruit Muffin – Freshly Baked (Thurs)	
- Fruit	1.00
- Corn, cheese & ham	1.00
G* Pikelets - plain or buttered (2 pikelets)	1.00
G* Apple Slinky (GF)	1.00
G* Popcorn Cup (plain air popped) (GF)	1.00
G* Raisin Toast (one slice buttered)	1.00
G* Apple Jaffle (apple pie filling on raisin toast)	2.00
A* Cheesie Melts:	2.00
- Plain/Vegemite/Tomato (GF Option available)	
G* Yogurt - Strawberry (GF)	2.00
G* Yogurt - Vanilla (GF)	2.00

DRINKS	
A* Plain Milk (full cream 225ml)	1.50
A* Plain Milk with <i>Sipahh</i> flavoured straw	2.00
A* 100% Juice Box:	2.00
- Orange, Tropical, Apple or Apple & Blackcurrant	
G* Chilled Bottled Water 600mL	2.00
A* Hot Chocolate / Milo	2.00

AFTER LUNCH (not available to Kindy or PP)	
A* Half Icy Pole	0.50
A* Whole Icy Pole	1.00
A* Frozen Yogurt Popsicle - Vanilla/Strawberry	1.00
A* Paddle Pop Ice cream (<i>may contain traces of nuts</i>)	2.00

Please note: Prices are as stated. We are happy to make special orders by leaving out ingredients (where possible) but the full price must still be paid.

Please note any allergies or dietary restrictions on your order

- GF Gluten Free
- H Halal - Certified Halal On Packaging
- V Vegetarian
- G* Green Star Choice Product
- A* Amber Star Choice Product
- RM Ready Made Product (unable to make special order)

EVERYDAY LUNCHES	\$
<i>Bread available in wholemeal, white, multigrain or gluten free</i>	
<i>Wholemeal will be given unless specified</i>	
SANDWICHES	
V Buttered Bread	2.00
V Vegemite	2.50
V Cheese	3.00
A* Ham	3.00
G* Tuna	3.00
A* Diced Chicken	3.00
G* Egg	3.00
V Vegemite and Cheese	3.00
Toasted	0.50
G* With Salad (lettuce & carrot)	0.50
G* Extra: tomato/cheese/pineapple/beetroot/olives (<i>each</i>)	0.50
G* Extra protein: ham/tuna/chicken/hommus or egg (<i>each</i>)	1.00
Sauce on sandwich (BBQ, mayo or tomato)	FREE

G* WRAPS	4.00
A choice of Hommus, Ham, Tuna, Cheese Diced Chicken, GF Tender or Crumbed Fish with lettuce, carrot and mayo wrapped in a tortilla	
Extras: tomato/cheese/pineapple/beetroot/olives (each)	0.50

SALAD BOWLS	
G* Fresh Garden Salad	4.50
A choice of Cheese, Hommus, Egg, Tuna, Ham, Diced Chicken, GF Chicken Tender or Crumbed Fish with lettuce, carrot, celery, capsicum, beetroot, cucumber, tomato and a slice of buttered bread	
G* Greek Salad	4.50
Lettuce, cucumber, celery, capsicum, tomato, olives, tuna & feta cheese with wholemeal pita bread	
G* SNACK PACK (Rice crackers, cheese, veg sticks, fruit)	3.50
Add: GF Chicken Tender, Crumbed Fish, Ham, Egg or Hommus	1.00

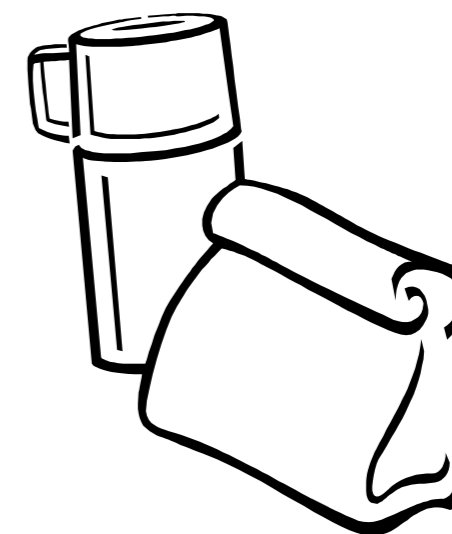
G* HOT FOODS - <i>all Green Star Choice Products</i>	
V Homemade Mac & Cheese (GF option available)	4.00
Homemade Pasta Bolognese (Beef) (GF option available)	4.50
H Homemade Teriyaki Chicken Noodle	4.50
H Homemade Curry Chicken with Saffron Rice (GF)	4.50

DON'T FORGET YOUR FORK!

DAILY LUNCH SPECIALS	\$
MONDAY	
A*/RM CHICKEN 'n' CHIPS -Tempura popcorn chicken with oven baked chips.	4.00
A*/RM FISH 'n' CHIPS (H)- Crumbed fish with oven baked chips	4.00
EXTRA chicken/fish portion	2.00
TUESDAY	
G* NACHOS	
- Bolognese sauce, salsa & cheese with corn chips	4.00
V - Baked beans, salsa & cheese with corn chips	4.00
V SOUP - Roasted pumpkin & lentil with bread roll	4.00
G* SOUP - Chicken noodle & bread roll	4.00
A*/RM CHICKEN TENDERS (G/F not spicy)	2.00
WEDNESDAY	
V MARGHERITA PIZZA (Cheese & Sauce only)	3.50
A* HAPPY FACE PIZZA - Chicken with bbq sauce, pineapple and cheese on wholemeal pita bread with tomato eyes and a capsicum mouth.	4.00
A* QUICHE	
- Ham, cheese and corn	4.00
V - Cheese, spinach, tomato and corn	4.00
A* MINI QUICHE	
- Ham, cheese and corn	2.50
V - Cheese, spinach, tomato and corn	2.50
THURSDAY	
A* BURGER - Beef, Chicken or Vegie patty with tomato sauce, mayo or bbq sauce and lettuce & carrot on a hamburger bun	4.00
Extras: tomato/cheese/beetroot (each)	0.50
A*/RM CHICKEN TENDERS (G/F not spicy)	2.00
FRIDAY	
A*/RM PARTY PIE (Beef)	
1 pie	1.50
2 pies	2.50
A*/RM SAUSAGE ROLL	
Beef	3.00
V Spinach & Cheese	3.00
Chicken & Cheese	3.00
BIG BEEF PIE	4.00
A*/RM TOMATO SAUCE PORTION (<i>each</i>)	0.50

Maylands Peninsula Primary School

TUMMY RUMBLES CANTEEN



WINTER MENU

Term 3, 2020

Any queries please contact your
Canteen Organisers,
Helen or Charlotte
9462 6705

HOW TO COMPLETE A LUNCH ORDER

The canteen's preferred option for ordering is
ONLINE via quickcliq.com.au
No credit is available.

Online – go to www.QuickCliq.com.au to place
orders. Orders need to be placed by 9.15am on the day
the lunch is required and can be made up to 2 weeks in
advance. Any queries, please refer to QuickCliq
helpdesk on 1300 11 66 37.

IMPORTANT NOTICES

Recess orders must be collected from the canteen.

Lunch orders are placed in the class basket and
collected by the class representative.

Please remind your child that it is their responsibility to
collect their items on the day they are ordered.

Forks will not be supplied by the canteen, please
remember to bring one from home.

The canteen **is not** financially responsible for items not
collected.

If your child has a problem with their canteen order,
please remind them to go to the canteen where we will
try our best to sort things out.

Dear Parents/Caregivers

Our Canteen is committed to providing delicious healthy
meals at reasonable prices. From time to time we have
to increase our prices to cover our increasing costs. We
strive to keep these increases as small as possible and
continue to offer great food choices at great prices.

As part of our ongoing commitment to deliver the most
wholesome food and cater to the increasingly diverse
population of students at MPPS the canteen has put
together a list of the foods that meet different dietary
requirements. Our menu includes Vegetarian and
Gluten Free options. Please refer to the key to make
ordering easier. If you have any queries or
recommendations we encourage you to contact the
canteen.

We are a nut-free canteen to reduce the risk to our
students with serious nut allergies. However should
your child have any other dietary issues please check
with our friendly staff about the ingredients in our food.

Kind regards,
The P&C Committee

COUNTER SALES AT RECESS & LUNCH ONLY

ONLINE CANTEEN ORDERS

www.quickcliq.com.au